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# COLA IRL Emotional Support

Hey COLA Strikers!

Strikes are intense. Not only are management and striking labor confronting one another on an almost daily basis, but many of us are doing endless hours of organizing work on top of our regular commitments as TAs and researchers. It is invigorating, world-building and inspiring, and also can feel exhausting and overwhelming. This is especially true for those of us who are risk and conflict-averse. Words like “illegal” and phrases like “violation of federal law” are used by intentionally by administration in the university to produce feelings of anxiety and fear. These tactics are intentionally divisive, and their effects are very real. You should know that there are therapists in the community who have reached out to offer their solidarity and support for strikers and faculty supporters. Let’s build our power while allowing space for us to care for each other, share our emotions, and work through our feelings.

## For one-on-one sessions:

Ellen Garfield, Licensed Marriage and Family Therapist #103425.

Offering limited, free counseling sessions to UC Santa Cruz COLA strikers. Office next to Cabrillo College. Solidarity Forever.

Ellen@santacruzcountytherapy.com  
Santacruzcountytherapy.com  
831-854-7543

Jessica Laing, Licensed Marriage and Family Therapist #123097

<https://jessicalaing.com>  
jessicalaingcounseling@gmail.com  
831-288-3082

## For group meetings and one-on-one sessions:

Daniel Butler is a grad student in HistCon who also works as a psychotherapist. During the COLA strike, Daniel is offering to facilitate a group that would allow organizers to process their emotional experiences of the campaign. The purpose of the group is to make space for any feelings and thoughts that arise, with the assumption that even seemingly random associations might meaningfully relate to the campaign and the ongoing work of organizing. One thing to note is that the need to present a united front vis-a-vis administration means that conflict within and among ourselves needs to be temporarily turned down if not off. But if we don’t maintain an awareness of that conflict as not just emanating from administration but existing among us, we might be more vulnerable to infighting as a group. In other words, giving language to internal and relational conflict could make it so we are less likely to clash with each other, and could facilitate other forms of mediation and repair. We’re still figuring out the best venue or medium for this work, and since the group is going to have to wait until classes resume (assuming the strike continues), for now we just want to see how much interest there is in such a group. If someone needs support in the interim, they should feel free to reach out to Daniel at [dbutler1@ucsc.edu](mailto:dbutler1@ucsc.edu) to see if he’s available for pro bono, short-term counseling.

Universal Cost of Living Adjustment  
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